

Libraries

Central Library.....619-236-5800
 Allied Gardens/Benjamin619-533-3970
 Balboa.....858-573-1390
 Carmel Mountain.....858-538-8181
 Carmel Valley.....858-552-1668
 City Heights/Weingart.....619-641-6100
 Clairemont.....858-581-9935
 College-Rolando.....619-533-3902
 Kensington-Normal Heights.....619-533-3974
 La Jolla/Riford.....858-552-1657
 Linda Vista.....858-573-1399
 Logan Heights.....619-533-3968
 Mira Mesa.....858-538-8165
 Mission Hills.....619-692-4910
 Mission Valley.....858-573-5007
 Mountain View/Beckwourth.....619-527-3404
 North Clairemont.....858-581-9931
 North Park.....619-533-3972
 North University Community.....858-581-9637
 Oak Park.....619-527-3406
 Ocean Beach.....619-531-1532
 Otay Mesa-Nestor.....619-424-0474
 Pacific Beach/Taylor.....858-581-9934
 Paradise Hills.....619-527-3461
 Point Loma/Hervey.....619-531-1539
 Rancho Bernardo.....858-538-8163
 Rancho Penasquitos.....858-538-8159
 San Carlos.....619-527-3430
 San Ysidro.....619-424-0475
 Scripps Miramar Ranch.....858-538-8158
 Serra Mesa-Kearny Mesa.....858-573-1396
 Skyline Hills.....619-527-3485
 Tierrasanta.....858-573-1384
 University Community.....858-552-1655
 University Heights.....619-692-4912
 Valencia Park/Malcolm X.....619-527-3405

Recurring Events

Health & Wellness

Chair Yoga

>> Tuesdays from 12:30pm-1:30pm
 @ La Jolla/Riford Branch Library

>> Tuesdays from 2:30pm-3:30pm
 @ San Carlos Branch Library

>> 1st & 3rd Fridays from 10:00am-11:00am
 @ Pacific Beach/Taylor Branch Library

Feeling Fit Club

>> Tuesdays & Thursdays from 11:00am-12:30pm
 @ Logan Heights Branch Library

Tai Chi

>> Mondays from 1:30pm-2:30pm
 Scripps Miramar Ranch Branch Library

>> Wednesdays from 10:15am-11:45am
 @ Central Library @ Joan A Irwin Jacobs Common
 in the Shiley Special Events Suite

>>Thursdays from 10:00am-11:00am
 Linda Vista Branch Library

>>Thursdays from 2:00pm-4:00pm
 Mission Valley Branch Library

Zumba Gold

>> Mon from 4:00pm-5:00pm/ Fri from 1:00pm-2:00pm
 @ Rancho Bernardo Branch Library

>> Wednesdays from 1:30pm-2:30pm
 Serra Mesa Branch Library

>>Fridays from 1:30pm-2:30pm
 Mission Valley Branch Library

>>1st & 3rd Saturdays from 9:45am-10:45am
 College Heights-Rolando Branch Library

Technology

Basic Internet Tutoring (Walk-Ins Welcomed)

>> Wednesdays from 3:00pm-4:00pm
 @ Rancho Bernardo Branch Library

>> Thursdays from 10:00am-12:00pm
 @ Rancho Penasquitos Branch Library

eReader Clinic (Walk-Ins Welcomed)

>> Thursdays from 12:00pm-1:00pm
 @ North Clairemont Branch Library

>> Fridays from 10:00am-11:00am
 @ Pacific Beach/Taylor Branch Library

>> Saturdays from 1:00pm-2:00pm
 @ Tierrasanta Branch Library

Special Events

"Still Going Strong" Older Adults Fair

FREE information, entertainment and refreshments
 focusing on how to maintain strength in mind, body
 and spirit throughout the aging process.
 >> Saturday, May 1 from 12:00pm-4:00pm
 @ Central Library @ Joan A Irwin Jacobs Common

"Creative Aging" Older Adults Fair

FREE information, entertainment and refreshments
 featuring art and educational presentations geared
 toward seniors.
 >> Saturday, May 30 from 9:30am-1:00pm
 @ Pacific Beach/Taylor Branch Library

SDPL in partnership with the San Diego County's Alzheimer's Project presents "Still Alice" by Lisa Genova

The story of a brilliant university professor who begins to
 experience the descent of early-onset dementia.
 >> Available April through June 2015
 ReadandRideSD.org as an eAudioBook or eBook
 or available at your local library.

San Diego Public Library Events for Older Adults

APR
 MAY
 JUNE
 2015



Featured Events

April



Ensemble Concert

Performed by members of the San Diego Symphony
>> April 8 from 6:00pm-7:00pm
@ University Heights Branch Library

Jane Austen & Libraries

Talk given by the National President of the Jane Austen Society
>> April 18 from 11:00am-12:00pm
@ La Jolla/Riford Branch Library

Natural Solutions to Sleep Problems

Presented by the Foundation for Wellness Professionals.
>> April 21 from 2:00pm-3:00pm
@ Allied Gardens/Benjamin Branch Library

Featured Author Raymond Wong discusses his new Memoir, *I'm Not Chinese: The Journey from Resentment to Reverence*

>> April 24 from 2:00pm-3:00pm
@ San Carlos Branch Library



Sharp Healthcare Clinic

Receive free health screenings for blood pressure, glucose, cholesterol, BMI and tobacco use.
>> April 25 from 10:00am-2:00pm
@ Central Library @ Joan A Irwin Jacobs Common in the Lobby

May



Swingin' with Dean Show

>> May 3 from 3:00pm-4:00pm
@ North University Community Branch Library

Offline & Online Security

Security Expert Jennifer Karp will lead a discussion about ways for older adults to protect their identities both on and offline.
>> May 13 from 1:00pm-3:00pm
@ Central Library @ Joan A Irwin Jacobs Common in the Mary Hollis Clark Conference Center

Death Cafe

Death Cafe is a safe, agenda-free place to discuss life and death over a hot beverage and tasty treats.
>> May 16 from 1:00pm-2:45pm
@ Pacific Beach/Taylor Branch Library



Music on the Mesa: The Maja Markovic Ensemble

>> May 17 from 2:00pm-3:00pm
@ Serra Mesa Branch Library

Community Cinema: "Limited Partnership"

The film has been awarded several festival jury and audience awards and screened at over fifty international festivals since its world premier in June 2014.
>> May 24 from 2:00pm-4:00pm
@ Valencia Park/Malcolm X Branch Library

June



Benjamin Branch Library 50th Birthday Bash!

Come celebrate with us!
>> June 6 from 11:00am-2:00pm
@ Allied Gardens/Benjamin Branch Library

Dementia Conversations presented by the Alzheimer's Association

Come learn more about dementia in an open discussion.
>> June 9 from 6:30pm-7:30pm
@ North Park Branch Library



Meet the Author/Photographer: Stan Trampe

Local author and photographer, Stan Trampe, will discuss and show images from his latest book of fine nude photography.
>> June 17 from 6:30pm-7:30pm
@ Mission Hills Branch Library

Quizmaster and Language Columnist Richard Lederer Returns!

Fascinating facts and insights into the feats, fates, families, foibles and firsts of our American presidents!
>> June 18 from 2:00pm-3:30pm
@ University Community Branch Library

Baroque Guitar Music Performance

Help celebrate J.S. Bach's 330th birthday with a performance by George Svobada, Director of the Mesa College Guitar Ensemble.
>> June 19 from 4:00pm-5:00pm
@ Tierrasanta Branch Library



Food and Mood: The Nutrition Connection

Vicki Newman, MS, RD, Clinical Professor, UCSD School of Medicine will focus on scientifically proven dietary choices that improve both mood and motivation.
>> June 24 from 1:00pm-2:00pm
@ Point Loma/Hervey Branch Library

For more older adult events at your library, please visit:

www.sandiegolibrary.org